

Egg with Bacon + Brussels Sprout Hash

Add some vegetables to your morning routine and get a savory start or cook up a quick supper that is full of flavor!

Ingredients:

- 1 cup Brussels sprouts
- 1 cup sliced button mushrooms
- 2 slices turkey bacon
- 1 egg
- ½ Tbsp coconut or olive oil
- Salt and pepper to taste



Directions:

Heat a medium-sized non-stick pan over medium-high heat. Add ½ the oil and then chopped bacon. Cook bacon for about 3 to 4 minutes until the edges start to crisp.

Add brussels sprouts and mushrooms and sauté for about another 2 to 3 minutes. Since the sprouts have been sliced so thinly, they will cook quite quickly. Spoon your hash onto a serving plate, and return the pan over medium-high heat.

Add ¼ Tbsp of oil and crack your egg into pan. Once your egg is fried, slide it over your hash and sprinkle with desired amount of salt and pepper. (At this point, I like to break the yolk, and use it as a sauce for my brussels sprout breakfast hash.)